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T R E A T I S E

CONCERNING THE

PROPERTIES AND EFFECTS

OF

C O F F E E.

THE THIRD EDITION,
WITH LARGE ADDITIONS, AND A PREFACE

By BENJAMIN MOSELEY, M. D. X

AUTHOR OF

"OBSERVATIONS ON THE DYSENTERY OF THE WEST-INDIES."

L O N D O N :

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P R E F A C E
T O T H E
S E C O N D E D I T I O N .

TH E reception which the first Edition of this Treatise has met with, has made it necessary to publish a second; which I now present to the Reader, with such additions, as I hope will be acceptable and useful.

I HAVE collected many authorities, to corroborate what I have

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advanced ; that, as my opinions have prejudices to contend with, they may not, however, be objectionable on the ground of singularity, and be considered as supported by no other testimony than my own.

IN treating of the salutary advantages, which the Public will derive, individually, from the general use of Coffee, it is impossible not to reflect also, on the political benefits which will accrue to the Parent State, by increasing its cultivation in her Colonies.

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To the Colonists themselves, the object is very extensive; and surely the prosperity of so important a part of the Empire, as our West Indian Islands, demands the most liberal attention on the part of this Kingdom.

FROM the produce of our Plantations, that “magnificent property,” as Monsr. NECKER terms the French Colonies, “which only the superficial and ignorant affect to undervalue,” this Country receives great additions to her Revenue, and a total sup-

ply of one of the most useful articles (perhaps now a necessary) of life. Yet, from the calamities lately inflicted on some of them by the hand of Providence, and the accumulated burthens which the Public necessities have laid on them all, many of the Planters are involved in ruin; and those who escape, must owe their deliverance to the bravest struggles of industrious virtue.

THE population of White Inhabitants, which is the great security of the Islands, consists chiefly of

of those who cultivate the inferior Staple Commodities, among which, Coffee is now the principal; and this population has always been proportionable to the increase or decrease of those Staples. Indigo may be instanced as an example: When Indigo was encouraged in Jamaica, before that impolitic duty was laid on it, which exterminated the cultivation of it in our Colonies, and gave it to the French, there were considerably more White Inhabitants in that Island, than there are at present, though the Island now produces five times the quantity

quantity of Sugar and Rum it did at that time.

THE cultivation of Coffee requiring but little capital, is an inducement for people of small fortunes, to settle in the Islands. It is a creditable refuge for the industrious man, who has been unfortunate in Trade, and to those whose larger schemes in life have failed.—It is an easy employment; the labour light, and many parts of it performed by children. The situations and soil where it is carried

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ried on, must be dry, and of course healthy, to be advantageous. Coffee Plantations in particular, may be considered as a Nursery of useful Inhabitants for the Colonies.

THE Soil best suited for Coffee, is happily such as can be spared from every other purpose. Large tracts of poor land, which would otherwise lie waste and useless, may be rendered as profitable as the best, without the mortality and casualties attendant on severe labour in hot climates.

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THE numerous little families which live on Coffee Plantations, and are dispersed in small settlements, in the interior parts of the Islands, occasion the mountainous and woody lands to be cleared and opened; and to be intersected with roads and easy communications.

THUS the residents live in safety, and all sorts of property acquire a proportionate value and security. The retreats of fugitive Negroes are laid open; plunder and depredation prevented, and

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conspiracies for rebellion are deprived of their hiding-places.— And thus the credit of the Planter, and security of the Merchant, stand on a firm basis: Those commotions being prevented, which have so often disturbed the tranquillity of the Islands, and occasioned the ruin of many Individuals abroad and at home, to the great defalcation of that immense Revenue, which these Islands pay to the Mother-Country*.

* The Duties and Excises, upon a Computation for the year 1781, amount to about £1,344,312, sterling, annually, on the produce of *Jamaica* only.

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THE truth is, that Sugar Plantations, though they are the great sources of wealth to their Proprietors, as well as to Government, do not employ a sufficient number of White People for their internal security, against the insurrections of the Negroes. The Manufacture is simple, and the labour wholly carried on by Slaves; and though the Deficiency Law of Jamaica directs, that one White Person shall be employed for every thirty Slaves, under a penalty of thirty pounds per annum for every deficiency; yet, this Law is often defeated,

defeated, or the fine submitted to ;
 as White Servants are expensive,
 and a less number than that proportion, is sufficient for the purposes of making Sugar.

THE cultivation of inferior Staple Commodities, is therefore necessary to the very existence of the Sugar Colonies ; and I am persuaded, will prove to them more beneficial in many respects, than at present is generally imagined.— Here, then, is an open and grateful field for Colonial Patriotism ; in which the *Amor Patriæ* will

neither find opposition from envy, nor disappointment from ingratitude.—Here is the occasion to demonstrate the love of our Country, and to perpetuate a benefit to mankind, which will never be forgotten: and while a PENRHYN, a LONG, and an EDWARDS, continue to point out to the Public, with that ability by which they are as much distinguished as by their weight and consequence, the true interest of the Sugar Colonies, and of this Country, as connected with them, there will never be wanting some men, at least in the
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Administration of this Kingdom, who will understand that a subject of the realm, exerting his industry at four thousand miles distance, may be employed as beneficially to the State, and is as much deserving the protection of it, as the Country 'Squire, who leaves his fox-hounds, to give a silent vote or two during the winter, and retires the remainder of the year to his *Sabine Fields* in sloth and ignorance.

SIR NICHOLAS LAWS was the first person who planted Coffee in
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Jamaica ;—but dying three years afterwards, in 1731, he had not the happiness to see the cultivation of it make any considerable progress.

IN 1732, several of the Planters and Merchants, belonging to the Island, became patrons of the undertaking; and convinced, that under proper encouragement it might be of importance to the Island, and that Coffee might become a flourishing Staple Article of produce, they subscribed the sum of 220l. 10s. towards defraying the

the charges of soliciting an Act of Parliament for lowering the Inland Duty, upon the Importation of Coffee from Jamaica into Great Britain; which at that time was 10l. sterling per Cwt. The circumstance being but little known at present, and considering what obligation the Island is under to their exertions, I am happy in having an opportunity of inserting their names, as a proper tribute to the memory of those Benefactors to the Colony, and Friends to the Nation.

L O N D O N, *Anno* 1732.

A List of the persons who subscribed and paid into the hands of Mr. *Roger Drake and Co.* the several sums undermentioned, towards defraying the Charges of an application, for an Act of Parliament, to encourage the Planting of *Coffee* in the Island of *Jamaica*.

	£.	s.
John Afcough, Esq; - -	10	10
Thomas Beckford, Esq; -	10	10
James Dawkins, Esq; -	10	10
Henry Dawkins, Esq; -	10	10
Mess. Drake, Pennant, and Long,	21	0
Thomas Fish, Esq; . -	10	10
Mr. James Fitter, - -	5	5
Cope Freeman, Esq; -	10	10
John Gibbon, Esq; - -	10	10
Mr. John Gregory, -	5	5
Capt. Joseph Hiscox, -	10	10
Mr. Henry Lang and Co. -	5	5
James Lawes, Esq; -	10	10
John Lewis, Esq; -	10	10
Mrs. Sufannah Lowe, -	10	10
Samuel Long, Esq; -	10	10
Charles Long, Esq; -	10	10
Mess. Mayleigh and Gale, -	10	10
Valent. Mumbee, Esq; -	10	10
Favele Peeke, Esq; - -	10	10
Capt. George Wane, -	5	5
	<hr/>	
	£220	10

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IN the same year, and in consequence of this solicitation, the *Act 5th Geo. II.* was passed, entitled, “ An Act for encouraging the growth of Coffee in His Majesty’s Plantations in *America.*”—The preamble recites, that the soil and climate of Jamaica, are particularly adapted for the growth of this Commodity; and the Act itself, reduces the Inland Duty upon British Plantation Coffee imported into Great Britain, from two shillings, to eighteen pence per pound:—And here it stood for many years, producing a Re-

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venue to the Crown of about 10,000l. per annum. A few years ago, on the representation of the West India Planters, *Lord John Cavendish*, the then Chancellor of the Exchequer, consented to the very important reduction of one shilling more; thereby furnishing a most useful lesson to all future Financiers, — *the present Duty of sixpence per pound actually producing nearly three times the sum that was received when the Duty was eighteen pence* : So true is the doctrine, that heavy taxation defeats its own purpose.

IT

It has been computed, that one acre of land will contain 1100 Coffee plants, which will produce berries in eighteen months from the sowing of the seed. The trees will continue bearing for seven or eight years.—Each tree, after the first bearing, may produce, at a medium, one and an half or two pounds weight, one with another; and six or eight servants can manage ten or twelve acres, besides cultivating provisions for themselves. Upon this ground of calculation, it is apparent, that one acre of land, supposing the

weather not unfavourable, may yield annually from 1700lb. to 2200lb. weight, which, when brought to market, may sell for 9l. 15s. to 12l. 15s. sterling *net*. This, it is true, is but a small profit; for it is little more than five farthings per pound, whereas the *Duty alone is sixpence per pound*. If the Duty was equalized to that upon Sugar, the medium profits per acre, would be about 40l. per annum. At present, the *net* profits upon this Article, and upon Sugar in Jamaica, are nearly equal per acre;—that is, 10l. or 12l. sterling.

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IN the year 1752, the export of Coffee from Jamaica, was rated at 60,000 pounds weight. In 1775, it was 440,000 pounds weight.—Under the present Duty of sixpence per pound, there is reason to expect, that the exports may rather increase than diminish. But it is not likely to become a subject of very extensive culture in our West Indian Islands, until even this Duty is lowered, or at least while *Foreign* Coffee is permitted to enter into competition with it at the British market. Though the Planters of Jamaica,
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after a multitude of experiments, and the most laudable exertions, have discovered the art of cultivating, picking, and curing the berries, so as to make their Coffee equal to the growth of Arabia. Some samples have been produced from that Island, lately, which were pronounced by the London Dealers, even superior to the best that has been brought from the East.

WHAT revolutions may change the nature of our Commerce, were it possible to foresee, it is not in
my

my province to examine; but the Legislature of England, as well as those of her Colonies, have a wise example before them, in the conduct of France; by her promoting and protecting the growth of every thing, that can supply the place of those articles which Europe purchases in the East Indies. *Piementa* (*Myrtus Arborea Aromatica foliis laurinis*), or All-spice, as it is commonly called, from having a flavour, composed, as it were, of cloves, cinnamon, juniper berries, nutmegs, and pepper, is
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the peculiar spice of Jamaica* :
 And it equals in virtues, and is
 more applicable to the general
 purposes of life, and luxury too,
 than any spice that is brought
 from the East. The various uses
 into which *Pimenta* is converted
 in Europe, are but little known to
 those who raise it. One secret,
 at least, I am able to divulge to
 them, which is, that its essential
 oil, coloured with *Alkanet Root*, to

* From 12,000 to 15,000 bags of *Pimenta*, have been annually imported into England from Jamaica : Each bag contains about one hundred weight. It pays a Duty of about two-pence per pound.

give

give it the appearance of age, is fold all over Europe for the oil of cloves*.

SIR HANS SLOANE, in the Phil. Transf. Abr. vol. II. p. 667, says, that "*Piementa* may deservedly be counted the best and most temperate, mild, and innocent, of common spices; and fit to come into greater use, and gain more ground, than it yet hath, of the

* The principal and prevailing flavour of *Piementa*, is like that of Cloves: Its oil exactly resembles the oil of that spice, and sinks as that does in water. The oil resides chiefly, like that of Cloves, in the shell, or cortical part.

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East

East India commodities of this kind; almost all of which it far surpasses, by promoting the digestion of meat, attenuating tough humours, moderately heating, strengthening the stomach, expelling wind, and doing those friendly offices to the bowels, we generally expect from spices." To this inferiority of the dear-bought and far-fetched spices of the East, I can bear ample testimony;—while the spice in question, being the produce of one of our own Colonies, and growing there in the greatest abundance, can be
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afforded at a price, that the poor of Great Britain may have all the comforts of its excellent properties; which I trust will be sufficiently made known to them hereafter.

THE encouraging every article which increases the intercourse with our Colonies, is increasing our Commerce. The payment for all the staples of the West-Indies, is made in our Manufactures; the sale of which must increase, in proportion to the numbers that are employed in the cultivation of what is bartered for

d 2 them.

them. Our West Indian Islands, without draining us of specie or bullion, can supply us with many of those very articles for which we are drained in other parts of the world*. The quantity of shipping and seamen, necessarily employed in carrying supplies thither, and transporting their commodities back to Europe, must be very considerable. To these reflections it must also be added, that the political disadvantage of not encouraging our own Colonies, is,

* The India Company pay for the Mocha Coffee, in Specie. The original cost, is about 7l. sterling per Cwt.

that

that we must encourage those of the French; which do, and will supply our markets, to the detriment of our Revenue, and the impoverishing of our Colonies.

Thus France, with that transcendant wisdom which actuates her Government, constantly keeping in view the grand political maxim of selling to all the world, and “not buying from the stranger,” adds to the native riches of her great Country, all the Specie of Europe*. How long
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* *Monf. Necker* says, that there is now as much Specie in France, as in all Europe besides.

our superiority in some branches of Manufacture, may stand in her way, I cannot tell; but in imitating her example, “by improving the produce of our own soil,” and by encouraging the consumption at home of such Commodities, as give employment to our own subjects abroad, England *will do* as France *has done*—enrich her Colonies, increase their attachment,

besides : Ten times as much as the Specie and Bank-paper together in England; and that France has been acquiring for the last fifteen years, the annual addition of 40,000,000 Livres; 1,750,000l. sterling: Equal to the increase of the coin of all the other European States put together.

and

and establish a population there
necessary for their preservation :—
augment her national marine,
strengthen her government, and
aggrandise her empire.

Cecil Street, 15th June, 1785.

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T R E A T I S E, &c.

IT is a generally received opinion, that the human frame is not less influenced by diet than by climate; that its dispositions and characteristics owe their originality as much to food, as those diseases evidently do, which are the legitimate and indisputable issue of it.

If the preceding position be just, there cannot surely be a subject more interesting to man, than the pursuit of that know-
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ledge which may instruct him to avoid what is hurtful to health, to select for his use such things as tend to raise the value of his condition, and to carry the enjoyments of life to their utmost improvement.

WITH this idea, I venture to submit to the Public some observations which have occurred to me, on the dietetic and medicinal properties and effects of COFFEE.

IN England, the use of this berry hitherto has been principally confined to the occasional luxury of individuals; as such, it is scarcely an object of public concern; but Government wisely considering that this produce of our own West-India Islands is raised by our fellow-subjects, and paid for in our manufactures, has lately reduced the duty on the importation of Plantation Coffee; which has brought it within the reach of almost every description of people; and
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as it is not liable to any pernicious process in curing it; and is incapable of adulteration, the use of it will probably become greatly extended; — as in other countries, it may diffuse itself among the mass of the people, and make a considerable ingredient in their daily sustenance.

THE Plant, the Berries, and the Beverage made from them, commonly pass under the same name. The beverage, of which we speak in particular, is called by the Egyptians *Elkarie*; by the Persians *Cabwa*; by the Arabians *Cachua*, and *Coava*; by the Turks *Chauve*, and *Cabue*, from whence originate *Caphé*, *Caffé*, *Coffi*, *Coffee*, and *Coffea*, names by which it is universally known in Europe.

THE botanical description of the *Coffee Plant* has been already given by several

writers* ; and as Sir Hans Sloane, in the Ph. Transf. No. 208, p. 63 ; Dr. Browne, in his Natural History of Jamaica, and Mr. Ellis, in 1774, have added to the number, it is unnecessary here to say any thing on this part of the subject, or to treat of its Cultivation : but I thought it

* *Bon. Alpin. De Plantis Ægypti*, cap. 16.

Bon vel Ban Arbor. J. Baubin, 422.

Euonymo similis Ægyptiaca fructu baccis Lauri simili.

C. Baubin. Pinax Theat. Botanic. 428.

Bon vel Ban ex cujus fructu Ægypti potum Coava conficiunt. Pluken. Phytog. 272.

Coffee Frutex, &c. Raij. Hist. Plant. t. 2, p. 1691.

Jasminum Arabicum cujus fructus Coffy dicuntur. Boerhaav. Ind. P. 2, p. 217.

Bon Arbor cum fructu suo Buna. Parkinson, Theatr. Botan. 1622.

Jassaminum Arabicum, Lauri folio, cujus semen apud nos Coffe dicitur. Jussieu, Aët. Gall. 1713, p. 388, t. 7.

Arbor Yemenfis, fructum Coffe ferens, &c. &c. Duglas.

Jasminum Arabicum, castaneæ folio, flore albo odoratissimo. Till. Pris. 87. t. 32.

Coffea Arabica, floribus quinquefidis dispermis. Linn. Spec. Plant. ed. 2. p. 245.

might

might not be uninteresting in this Essay, to include something of its History, which will shew it to be no less remarkable for the universality with which it has been adopted by many regions of the East, than for the permanency, after various persecutions, with which it has been retained; notwithstanding the caprice of Taste, the violence of Laws, and the austerity of Religion.

THE following account, from Arabian authority, is descriptive of the commotions and prejudices, which Coffee formerly had to contend with and conquer, among the Mahometans. Besides the similitude it bears to the ludicrous notions, and contradictory opinions, concerning Coffee in later times, it may not be unentertaining to those who are accustomed to reflect, how great communities are often violently agitated by trifles; and that kingdoms as well as individuals,

dividuals, may be seriously ridiculous, and equally subject to transitory delusion. It will appear also, that Coffee, which after many struggles triumphed over the scrutiny of physicians, had nearly sunk under the influence of the *Alcoran*; but that the contest between the *Alcoran* and Coffee ended, as it were, in a coalition.

“ KHAIR BEG, Governor of *Mecca* by appointment of the *Sultan* of Egypt, was unacquainted with Coffee, or of the manner of taking it. As he was going out of the Mosque one day, after evening prayer, he observed in a corner of it a company of people drinking Coffee, who were to spend the night there in prayer, and was much offended at it. He thought at first they had been drinking wine; nor was his surprise much diminished after they had explained to him the use and virtues of this liquor. On the contrary, after they had informed

informed him how much it was in use in *Mecca*, and what merriment passed at the public places where it was sold, he was of opinion that Coffee was intoxicating, at least that it conduced to things forbidden by the law.

“ FOR this reason, after having ordered these people to go out of the Mosque, with an injunction never to meet there for the future upon the like occasion, he next day convened a great assembly of Officers of Justice, and Doctors of Law, together with Priests, and the most eminent men of *Mecca*, to whom he communicated what he had observed the night before in the Mosque, and what he was informed happened frequently in the public Coffee-houses ; adding, that he was resolved to remedy this abuse, upon which he was desirous first to know their opinions,

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“THE DOCTORS agreed that the public Coffee-houses wanted regulation, as being contrary to the law of pure Mahometanism; and declared that with respect to Coffee, it was necessary to examine whether it was hurtful either to body or mind; and concluded to take the advice of Physicians.

“THE GOVERNOR called in two Persians who were brothers, the most celebrated physicians in *Mecca*: one of them even wrote against the use of Coffee, jealous, perhaps (says our Author), lest the use of it should spoil their practice; so they did not fail to declare, that Coffee was cold and dry, and prejudicial to health.

“A DOCTOR of the assembly replied, that BENGIAZLAH, an ancient Arabian physician of great authority, had said that these berries were attenuating and drying, and
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consequently could not have the qualities just now ascribed to them.

“ THE two Persian physicians replied, that **BENGIAZLAH** was a perfect stranger to the berries in question; and declared, that if Coffee was reckoned among things indifferent, and free for every body to make use of, yet it was apt to lead to things not allowed of; and the safest way for true Mussulmen would be, to hold it unlawful.

“ THIS determination obtained all their suffrages; and several, either out of prejudice, or false zeal, did not fail to affirm that Coffee had actually disturbed their brains. One of the assistants maintained, that it intoxicated like wine, which set all the assembly a laughing; because, in order to make judgment of it, it was necessary to have drank wine, which is forbidden by the Mahometan religion. He was asked

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whether he had ever drank any wine ? and he had the imprudence to answer in the affirmative ; which confession condemned him to the bastinado, the punishment that is inflicted for this crime.

“ COFFEE was, however, solemnly condemned at *Mecca*, as a thing forbidden by law, notwithstanding the *Mufti* opposed the determination. But this rigour was not of long duration ; for the *Sultan* of Egypt, far from approving of the indiscreet zeal of the Governor of *Mecca*, was surprized that he should dare to condemn a thing so much in favour at *Cairo*, the capital of his dominions, where there were Doctors of much greater authority than those of *Mecca*, and who had not found any thing in the use of Coffee contrary to the law.

“ THE *Sultan* ordered him therefore to revoke his prohibition, and to employ his
 autho-

authority against the disorders only, if there were any, committed in the Coffee-houses ; adding, that because *it was possible to abuse the very best things*, even the water of the fountain ZERUZEM, in the Temple of MECCA, so much esteemed by all Mussulmen, it was not for that reason necessary absolutely to forbid them.

“ THE two physicians who bore so great a part in the prohibition of Coffee, came to an unfortunate end.

“ AFTER the re-establishment of Coffee at *Mecca*, it was prohibited again, and again re-established.

“ THE *Sultan* of Egypt consulted his Doctors of the Law upon this point ; who gave their opinions in writing, and proved by substantial reasons, the fallacy of that condemnation, and the ignorance of those

who passed it ; which established the use of Coffee at *Cairo*, upon a much stronger footing than ever. But in the end, this great city also met with much trouble upon this subject.

“ IN the year 1523 a scrupulous Doctor stated, that Coffee intoxicates the head, and is prejudicial to health ; and asked whether it was lawful or unlawful ? But none of his brethren were of his opinion, because it was obvious that Coffee had not those bad qualities he ascribed to it ; and therefore this gave no shock at all to a custom so universally received.

“ BUT about ten years after, a preacher held forth so vehemently against the use of Coffee, as a thing prohibited by law, that the mob fell upon the Coffee-houses, broke the pots and dishes, and abused the company they found there.

“ UPON

“ UPON this there were two parties formed in the city ; one of which maintained that Coffee was prohibited by the law ; the other, that it was not. But the Judge in Chief, having convened an assembly of all the Doctors, to have their opinions, they all unanimously declared that the question had been already determined by their predecessors, in favour of Coffee ; that they were all of the same sentiment ; and that there was nothing further necessary than only to restrain the extravagant heat of the zealots, and the indiscretion of ignorant preachers. The Judge who presided was of the same opinion ; and immediately ordered all the assembly to be served with Coffee, and took some himself : an example which presently composed all controversies, and made Coffee more fashionable than before.

“ AT

“ AT the time when this custom was most prevalent in *Constantinople*, the *Imams* and officers of the Mosques made a great clamour, that they were deserted, whilst all the Coffee-houses were continually crouded. The Dervizes and Priests fell foul upon Coffee ; not only affirming that it was unlawful, but that it was a much greater sin to go to a Coffee-house than to a Tavern.

“ AFTER a great deal of noise and declamation, all the Priests united to obtain a solemn condemnation of this liquor ; and maintained that Coffee roasted was a sort of coal ; and that every thing which had the least relation to a coal, was forbidden by law. Upon this they drew up a question in form, and presented it to the *Musti*, with a request that he would determine it according to the duty of his office. The *Musti*, without giving himself the trouble of
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of examining any difficulties, gave a determination according to the mind of the Priests, and pronounced that Coffee was prohibited by the law of MAHOMET.

“ ALL the Coffee-houses in *Constantinople* were immediately shut up, and the officers of the policy ordered, to prevent the drinking of Coffee in what manner soever.

“ YET notwithstanding the rigour that was used in the execution of this order, they could never prevent the use of it in private. AMURATH III. in whose time this prohibition had taken place, again indulged a liberty with regard to a thing so agreeable, and which was believed otherwise not contrary to religion ; so that it was allowed to be drank in men's own houses, and grew more and more into esteem. At last, the officers of the policy, seeing

seeing there was no remedy, were content for a certain sum, to permit it to be sold, provided it was not in public; so that it was allowed to be drank in private houses, shutting up the doors, or in the back shops.

“ THERE wanted but little, to establish by degrees the public Coffee-houses. It happened that a new *Musti*, less scrupulous, or more wise than his predecessor, declared solemnly that Coffee ought not to be looked upon as a coal; and that the liquor made from it was not prohibited by the law. After this declaration, the Zealots, Preachers, Doctors, Lawyers, and *Musti* himself, far from exclaiming against Coffee, took it themselves; and their example was universally followed by the whole Court and City*.”

* Voyage into Arabia Felix, p. 282, 296. Ed. Amst. 1716.

COFFEE, though a native of *Arabia Felix*, had been converted into use in Africa and Persia, long before a beverage was made of it by the Arabians*.

ABOUT the middle of the fifteenth century, the *Mufti* of Aden, a city in Arabia Felix, travelling into Persia, learnt the use of it there, and on his return introduced it to his countrymen.

IT is from this period, that any authentic account of the dietetic use of Coffee is derived. Enthusiasm indeed has carried some admirers of this berry so far into conjecture, as to trace its virtues back to the remotest ages; and to suppose it the *Nepenthe* which HELEN received from an Egyptian Lady, and is celebrated by HOMER

* An Arabian Manuscript in the King of France's Library. No. 944.

seeing there was no remedy, were content for a certain sum, to permit it to be sold, provided it was not in public; so that it was allowed to be drank in private houses, shutting up the doors, or in the back shops.

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as a foothold of the mind, in the extremest state of anger, grief, and misfortune*.

FROM Aden it spread its influence through all Arabia, and other parts of the Ottoman Empire, and arrived at Constantinople in the reign of Solyman the Great, in the year 1554; and about a century afterwards, it was adopted at London and Paris.

THE virtues of this chearful liquor, like moral virtues under despotism, operated in Constantinople to its detriment:—by dispelling the torpitude brought on by their vitious excesses, and recruiting their spirits, sunk by the depravity of their habits, it introduced a disposition to exercise the understanding;—a crime in every Government that tolerates nothing but silent obedience.

* “ Φαρμακον, κακων ἐπέληθεν ἀπάντων.” Odyss. Δ.

RICAULT says, that during the war in Candia, in the minority of MAHOMET the IVth, when the Turkish affairs were in a critical situation, “ the *Visir* KUPRULI suppressed the Coffee-houses, though he permitted the Taverns :” The former conducting to intellectual recreation, and some speculations on the affairs of state, which the *Visir* thought it was prudent to prevent. These were objections from which the latter was free. This famous edict appears to have had no other relative effect, than to diminish the revenue ; for Coffee thrived under this political, as well as it did under the former religious, persecution.

HOWEVER strange it may appear at this time, Coffee had similar difficulties to encounter soon after its introduction into England ; for it experienced the same treatment under CHARLES the II^d. that it

met with in Turkey under an AMURATH and a MAHOMET : it having been found an encourager of social meetings, Coffee-houses were shut up by proclamation, as seminaries of sedition*.

RAY observed, that the part of Arabia which produced Coffee in such abundance, might truly be stiled happy†; from whence many millions of bushels of this valuable treasure were then annually exported to Turkey, Barbary, and Europe ‡.—In Constantinople alone, the consumption is said

* Anno 1675.

† The Kingdom of Yemen.

‡ The *Abbé Raynal* says, that twelve millions five hundred and fifty thousand pounds weight of Coffee, is now annually exported from Arabia Felix; which, at 14 sols per pound, brings into that country 8,785,000 livres, 384,308l. 15s. sterling. The European Companies purchase three millions five hundred thousand weight of this commodity.

to

to amount to more than what is expended for wine in Paris.

It was long after Coffee had been an article of Commerce, that Europeans were able to obtain, or cultivate the plant, as the berry was exported dry, and unfit for propagation.

It has been said, that a Frenchman near *Dijon* in France, was the first person who made the experiment with success, about the year 1670: the Trees raised from the seeds he had sown produced berries, but they were tasteless and insipid; and served for no other purpose, than for his amusement.

ACCORDING to BOERHAAVE's account, a Dutch Governor was the first person who procured fresh berries from Mocha, and planted them in *Batavia*; and in the year
1690

1690 sent a plant from thence to Amsterdam; which came to maturity, and produced those berries, which have since furnished all that is now cultivated in the West-Indies.

IN 1714 a plant, from the garden of Amsterdam, was sent by the Magistrates, as a present to LEWIS the XIVth, which was placed in the garden at Marli.

IN 1718 the Dutch began to cultivate Coffee in Surinam; in 1727 the French began to cultivate it in Martinico; and in 1728 the English began to cultivate it in Jamaica.

THE first plant in Jamaica, was introduced by Sir NICHOLAS LAWS, and planted at Townwell Estate, now called Temple Hall, belonging to Mr. LUTTRELL.—How its propagation has been extended since those

those periods, in the West Indies, is too well known to require recital here.

SOME writers imagine that there are several sorts of Coffee*; but the difference arises only from the soil, cultivation, and curing, and not from any difference in the species.

IF the Coffee in our West India Islands be planted in a dry soil, and in a warm situation; if after the trees have acquired a certain age, the ripe berries be collected with care and cleanliness, which will be small when dry, like those which come from Arabia; and if they are kept a proper time before they are used, this Coffee will have flavour and excellence equal to the best that is imported from Mocha.

* *Geoffry, &c.*

BUT the time and labour necessary to produce Coffee of the best quality, have discouraged our Planters from raising it at much expence; because, until lately, it has been subject to a precarious, or losing market. Therefore quantity, and large berries, the produce of young trees, luxuriant soil, and little attention, has turned to better account than quality.

AFTER Coffee has received all the excellence it can from the Planter, it is a matter of great consequence, that proper care be taken in shipping it for Europe: it should not be put into parts of the vessel where it may be injured by dampness, or by the effluvia of other freight. Coffee berries are remarkably disposed to imbibe exhalations from other bodies, and thereby acquire an adventitious, and disagreeable flavour. Rum placed near to Coffee, will in a short time so impregnate the berries,

as

as to injure their flavour. It is said, that a few bags of pepper on board a ship from India, some years since, spoiled a whole cargo of Coffee*. The French are more attentive in this respect than the English; and indeed, they omit nothing that can give their Coffee any advantage. But if their Coffee be superior to ours, it is the effect of more encouragement. The industry and genius of the French Coffee Planters, have been cherished; ours have been restricted by a duty, which prevented the consumption of the article. Thus the spirit of cultivation has been checked, improvement retarded, and consequently the produce not brought to perfection.

THE chemical analysis of Coffee, evinces that it possesses a great portion of mildly bitter, and lightly astringent gummous

* *Miller.*

and resinous extract* ; a considerable quantity of oil† ; a fixed salt‡ ; and a volatile salt§.—These are its medicinal constituent principles.

THE intention of torrefaction, is not only to make it deliver those principles and make them soluble in water, but to give it a property it does not possess in the natural state of the berry.

* *Newman* obtained eight ounces, from sixteen ounces of roasted Coffee, by aqueous and spirituous menstruums.

† *Bourdelin* obtained six ounces six drams, from two pounds and a half of roasted Coffee: and *Houghton*, Phil. Transf. obtained two ounces four drams two scruples, from one pound of unroasted Coffee.

‡ *Le Fevre. Newman. Lemery. Bourdelin*, obtained nine drams and a half, from two pounds and a half of roasted Coffee.

§ *Floyer. Bourdelin*, obtained a volatile salt, that effervesced strongly with spirit of salt.

By

By the action of fire, its leguminous taste, and the aqueous part of its mucilage are destroyed; its saline properties are created, and disengaged, and its oil is rendered empyreumatic.—From thence arises the pungent smell, and exhilarating flavour, not found in its natural state.

ANIMAL oils are changed by fire in the same manner in broiled meats, and acquire that grateful odour, so exciting to weak appetites.

IMITATIONS of Coffee have been procured from roasted beans, peas, wheat, and rye with almonds; but the delicacy of the oil in Coffee, which the fire, in roasting, converts into its peculiar empyreuma, is not to be equalled.

THE roasting of the berry to a proper degree, requires great nicety: Du Four
E 2 remarks,

remarks, that its virtue and agreeableness depend on it, and that both are often injured in the ordinary method. BERNIER says, when he was at *Cairo*, where it is so much drank, he was assured by the best judges, that there were only two people in that great City, in the public way, who understood the preparing it in perfection.

IF it is under-done, its virtues will not be imparted; and in use, it will load and oppress the stomach:—If it is over-done, it will yield a flat, burnt, and bitter taste; its virtues will be destroyed; and in use, it will heat the body, and act as an astringent*.

THE closer it is confined at the time of roasting, and till used, the better will its

* “ *Cetera bonitas Caoræ præcipue dependet à curiosa & exquisita testione.*” RAY.

volatile

volatile pungency, flavour, and virtues, be preserved.

FOURTEEN pounds weight of raw Coffee, is generally reduced at the public roasting houses, to eleven pounds by the roasting; for which the Dealer pays seven pence half-penny; at the rate of five shillings for every hundred weight*. But the roasting ought to be regulated by the age, and quality of the Coffee, and by nicer rules than the appearance of the fumes, and such as are usually practiced: therefore the reduction must consequently vary, and no exact standard can be ascertained. Besides, by mixing different sorts of Coffee together, that require different degrees of heat and roasting, Coffee has seldom all the advantages it is capable of receiving, to make it delicate, grateful, and pleasant. This indeed can be effected no way so well, as

* In London.

by people who have it roasted in their own houses, to their own taste, and fresh as they want it for use.

THE extraordinary influence that Coffee, judiciously prepared, imparts to the stomach, from its tonic and invigorating qualities, is strongly exemplified by the immediate effect produced on taking it, when the stomach is overloaded with food, or nauseated with surfeit, or debilitated by intemperance.

To constitutionally weak stomachs, it affords a pleasing sensation ; it accelerates the process of digestion*, corrects crudi-

* What the process of digestion in the body is, we do not clearly understand ; but we may conclude with *Spalanzani*, that artificial digestion, made out of the body without the assistance of gastric fluid, can bear no affinity to it.—Who would not infer from the disagreement of Coffee mixed with wine in a glass, that disagreeable effects would arise from mixing them in the stomach ?—Experience proves the contrary of this : and that assimilation in the stomach, is effected by a natural power, which art cannot imitate.

ties,

ties, and removes the cholic, and flatulencies.

BESIDES its effect in keeping up the harmony of the gastric powers, it diffuses a genial warmth that cherishes the animal spirits, and takes away the listlessness and languor*, which so greatly embitter the hours of nervous people, after any deviation to excess, fatigue, or irregularity.

THE foundation of all the mischiefs of intemperance is laid in the stomach; when that is injured, instead of preparing the food, that the lacteals may carry into the constitution, sweet and wholesome juices to the support of health, it becomes the source of disease, and disperses through the whole frame the cause of decay.

* *Baglivi,*

FROM

FROM the warmth and efficacy of Coffee in attenuating the viscid fluids, and increasing the vigour of the circulation, it has been used with great success in the fluor albus, in the dropsy, and in worm complaints ;—and in those camatose, anasarcaous, and such other diseases as arise from unwholesome food, want of exercise, weak fibres, and obstructed perspiration.

IN vertigo, lethargy, catarrh, and all disorders of the head, from obstruction in the capillaries, long experience has proved it to be a powerful medicine* ; and in certain cases of apoplexy, it has been found serviceable even when given in glysters,

* “ La tete est la partie de tout le corps sur laquelle le Caffé produit de plus considerables effets ; car par son usage ordinaire, on prévient presque furement l’Apoplexie, la Paralyfie, la Lethargie, et presque toutes les autres maladies soporeuses.” *De Blegny*, page 180.

where

where it has not been convenient to convey its effects by the stomach. Monf. MALEBRANCHE restored a person from an apoplexy, by repeated glysters of Coffee*.

THERE are but few people who are not informed of its utility for the head-ach; the steam sometimes is very useful to mitigate pains of the head:—in the West-Indies, where the violent species of head-ach, such as cephalæa, hemicrania, and clavus, are more frequent, and more severe than in Europe, Coffee is the only medicine that gives relief. Opiates are sometimes used, but Coffee has an advantage that Opium does not possess; it may be taken in all conditions of the stomach; and at all times by women, who are most subject to these complaints; as it dissipates

* *Hist. de l'Acad. de Sciences, 1702.*

those congestions and obstructions, that are frequently the cause of the disease, and which Opium is known to increase, when its temporary relief is past*.

FROM the stimulant and detergent properties of Coffee, it is used in all obstructions of the viscera; it assists the secretions; powerfully promotes the menses, and mitigates the pains attendant on the sparing discharge of that evacuation. In the West-Indies, the chlorosis and obstructed menses, are common among laborious females, exposed to the effects of their own carelessness, and the rigorous transi-

* Ego cum Lugduni Batavorum studiis operam darem, per totum annum Cephalæa miserè laboravi; & postquam potui copiose Teè, & præcipuè quidem *Coffee* quotidie sumendo assuevi, semper immunis ab ea vixi, non tantum sed ab omni alio incommodo, quamvis antea ita vixerim, ut mortis haberet vices lenta quæ trahebatur mihi vita gementi, qui per totum quinquennium cum longa morborum serie acriter conflictavi. Ray.

tions

tions of the climate: there strong Coffee drank warm in a morning fasting, and good exercise after it, has been productive of innumerable cures*.

THE industrious Overseers of Plantations, and other Europeans employed in cultivation in the West-Indies, who are exposed to the morning and evening dews, find great support from a cup of Coffee, before they go into the field: it fortifies the stomach, and guards them against the diseases inci-

* "Utuntur tamen ejus decocto ad roborandum ventriculum frigidiorē, adjuvandamque concoctionem, et non minùs ad auferendas a visceribus obstructions; in tumoribusque hepatis lienisque frigidis, & antiquis obstructionibus, feliciori cum successu decoctum multos dies experiantur, Quod etiam uterum maximè respicere videtur, ipsum enim excalfacit, obstructionsque ab eo aufert, sic enim in familiari usu est apud omnes Ægyptias, Arabasque mulieres, ut semper, dum fluunt menses, ipsorum vacationem, hujus decocti ferventis multum paulatim forbillantes adjuvent, Ad promovendos etiam, in quibus suppressi sunt, usus hujus decocti, purgato corpore multis diebus, utilissimus est." *P. Alpin. lib. 16.*

dent to their way of life; especially in clearing of lands; or when their residence is in humid situations, or in the vicinity of stagnant water. Those who are imprudently addicted to intemperance, find Coffee a benign restorer, and bracer of the stomach, for that nausea, weakness, and disorderly condition, which is brought on by drinking bad fermented liquors, and new rum to excess.

IN continued and remitting fevers in hot climates, it frequently happens, at the period when bark is indicated, that the stomach cannot retain it.—This is an embarrassment of great importance, in which the Practitioner has an interval, only of a few hours, to decide on his patient's fate.—Bark in substance is required to answer the intention; and here, as well as in many cases of intermittents, when every other mode of administering bark has proved

proved abortive, Coffee has been found an agreeable, and a successful vehicle.

COFFEE having the admirable property of promoting perspiration*, it allays thirst and checks preternatural heat.

THE great use of Coffee in France is supposed to have abated the prevalency of the gravel:—in the French Colonies, where Coffee is more used than with the English, as well as in Turkey, where it is the principal beverage, not only the gravel, but the gout, those tormentors of so many of the human race, are scarcely known†.

IT

* *Leeuwenhoek. Huxham.*

† “ On a reconnu par experience, que (la Boisson du Café) est d'un grand secours a ceux qui sont incommodés par la repletion universelle du corps, par la grosseur particulière du ventre, & par l'embarras qui se fait dans les reins,

It has been found useful in quieting the tickling-vexatious cough, that often accompanies the small pox*, and other eruptive fevers. — A dish of strong Coffee without milk or sugar, taken frequently in the paroxysm of an asthma, abates the fit; and I have often known it to remove the fit entirely. Sir JOHN FLOYER, who had been afflicted with the asthma from the seventeenth year of his age until he was upwards of fourscore, found no remedy in all his elaborate researches, until the latter part of his life, when he obtained it by Coffee.

reins, & qui devient la cause generative des pierres, & par consequent des coliques nephretiques & des suppressions d'urine." "Elle est salutaire aux gouteux par l'experience particuliere de nos gouteux, qui s'y sont habitués: car ils en tirent du moins ce benefice que leur accès sont moins frequent & beaucoup plus supportables."

De Blegny, p. 185 & 186.

* *Huxham.*

PRE-

PREPARED strong and clear, and diluted with a great portion of boiled milk, it becomes a highly nutritious and balsamic diet; proper in hectic, pulmonic, and all complaints, where a milk diet is useful*; and is a great restorative to constitutions emaciated by the gout and other chronic disorders.

LONG watching and intense study are wonderfully supported by it, and without the ill consequences that succeed the suspension of rest and sleep, when the nervous influence has nothing to sustain it.

* “ Elle est d’un effet merveilleux pour ceux qui ont la poitrine naturellement foible, ou accidentalement affoiblié par le rheume, par la toux inveterée, par une pulmonie naissante, & par ces autres espèces de fluxions qui rendent la voix rauque, & qui causent l’asthme & la courte haleine.” *De Blegny*, page 189.

WE are told that travellers in Eastern Countries, and Messengers who are sent with dispatches, perform their tedious journeys by the alternate effects of Opium and Coffee;—and that the dervices and religious zealots, in their abstemious devotions, support their vigils, through their nocturnal ceremonies, by this exhilarating liquor.

MONS. BERNIER says, that the Turks, who frequently subsist a considerable time upon Coffee only, look on it as an aliment that affords great nourishment to the body:—for which reason, during the rigid fast of the *Ramadam*, or Turkish Lent, it is not only forbid, but any person is deemed to have violated the injunctions of his Prophet, that has had even the smell of Coffee.

BACON

BACON says, Coffee, "comforts the head and heart, and helps digestion*;" Dr. WIL-
LIS says, "being daily drank, it wonder-
fully clears and enlightens each part of
the soul, and disperses all the clouds of
every function†." The celebrated Doctor
HARVEY used it often; VOLTAIRE lived
almost on it; and the learned and seden-
tary of every country have recourse to it,
to refresh the brain, oppressed by study
and contemplation‡.

AMONG the many valuable qualities of
Coffee, that of its being an antidote to
the abuse of OPIUM, must not be con-
sidered as the least; for as mankind is not

* Cent. 8, Exp. 738. *Bacon* seems to have taken his
idea of the Turkish Coffee-houses from *Hakluyt*, who
cites *Biddulph*.

† Pharmaceut. Rat. P. 1.

‡ "Elle fortifiè la memoire & le jugement. Un ali-
ment qui fortifiè puissamment toutes les actions natu-
relles." *De Blegny*, page 181, 184.

content with the wonderful efficacy derived from the prudent use of Opium, the abuse of it is productive of many evils, that are only remediable by Coffee.

THE diseases generally brought on by a continued course of excessive doses of Opium, are either loss of appetite, stupor, debility, loss of memory, melancholy, palsy, or dropsy :—and frequently the consequences of the necessary and temporary use of common doses of laudanum, are nausea, languor, giddiness of the head, cold sweats, head-ach, hysterics, and tremor.

VARIOUS have been the attempts of physicians and chemists to correct their favourite Opium, and to improve and separate its useful from its hurtful properties ;

ties* ; but their preparations have neither meliorated the simple juice of the vegetable, as the great SYDENHAM asserts ; nor have they taken away those properties, to which its prejudicial effects are attributed.

THERE never was, as far as we know, any preparation, or combination with Opium, from the time of King MITHRIDATES down to the days of Doctor JONES, that could be relied on to counteract the ill effects of its first operations, in many constitutions ; and that would prevent those disagreeable after-operations so much complained of, in almost every subject and disease.

* *Paracelsus, Helmont, Silvius, &c.* The use of Opium in the Lues Venerea, is by no means a new discovery. It has had its advocates and use, like Guaiacum, and other diaphoretics. *Fernelius de Curatione Luis Ven.—Palmarius de Lue Ven. Willis Pharmaceut. Rat. p. 1. Paulli de papavere, &c.*

10. Such a preparation, would indeed be a large contribution to the *Materia Medica*, and would make a considerable figure in the practice of physic. But this may never be accomplished; it may not be in nature;—the defect may be the inherent imperfection of the vegetable, and inseparable from it; for as we find in the moral world, the brightest virtues may be shaded with alloy;—if so, it will yet be some consolation, that we are able to remove those ills which we cannot prevent.

EVERY Author who mentions Coffee, allows that it possesses singular power in counteracting the hypnotic, or sleepy effects of Opium: this is the only virtue assigned to it, in regard to Opium; as if the influence which Coffee exerts on the system, to produce that effect, could be directed to no purpose, when these contradictions

dictions were not employed in opposition, to rob each other of their attributes.

CONFIRMED by many years observation, I believe that Coffee, besides being the best corrector of Opium, is the best medicine to remove those ills which it produces, that has yet been discovered; and that the operations of common doses of Opium, may be checked or extended, and may be graduated by it at pleasure.

THE heaviness, head-ach, giddiness, sickness, and nervous affections, which attack the patient in the morning, who has taken an opiate at night, are agreeably removed by a cup or two of strong Coffee.

IN Military Hospitals in hot climates, recourse is often had to large and repeated doses of Opium; from which I have frequently

quently observed, that the retention of the stomach of the patient, has been greatly injured; the secretion of urine impeded, or the bladder affected by a paralysis:—even these effects have been speedily removed, by a few cups of strong Coffee.

THE general opinion is erroneous, though of long standing, that the *Turks* use Coffee, exclusive of culinary purposes, only against the sleepy effects of Opium. The *Turks*, as well as the *Persians* and *Indians*, take Opium as a cordial*, to invigorate them for the temporary enjoyment of amorous pleasures; and to enable them to support fatigue, and to stimulate their nerves to the exertions of

* “Præstantissimum fit remedium cardiacum unicum penè dixerim, quod in natura hæctenus est repertum.”

Sydenham.

courage

courage and enterprize*. But when the desired effects of this cordial are over, languour, lassitude, and dejection of spirits succeed.—It is for these indispositions, that Coffee is so medicinally necessary to the *Turks*, and they use it as their only remedy.

But while this unpleasing review of Opium is presented to our contemplation, let us not forget the benefit which mankind derives from that inestimable medicine.

If the *Silphium* was held in veneration, stamped on coins, and hung up in tem-

* *Mandelslo's* Voyages and Travels into the East, lib. 1, p. 37, 78, 84. *Bellonius* lib. 3, cap. 15. *Eraſtus* Disp. de Sapor & de Narcot. *Georg. Andrea* Itiner. Ind. lib. 2, c. 9. *J. J. Saar*. Itiner. Ind. p. 11. *Fogelius* de Turcarum *Nepenthe*, &c.

ples* ; if the *Mallow* was dignified with the name of Sacred† ; if a statue was erected to the *Lettuce*‡ ;—what honours are not due to the *POPPY*, whose pure and unadulterated juice, possesses power to relax the whole force of animal spasm ; to arrest the determination of the fluids, and vital energy on particular parts, which often tends to the sudden dissolution of the frame ; to relieve corporal pain by tranquillity, and mental affliction by sleep § ? These are the unrivalled virtues of the *POPPY*, so highly distinguished by the *CREATOR*, and whose excellence no human praise can reach.

* *Plin. Hist. Nat. lib. 19, c. 3. Hefychius, Βάττε σίλφιον.*
Spanheim, de usu & Prest. Numis. Dissert. 4.

† By *Pythagoras*.

‡ By *Augustus*. *Sueton.* Several of the *Valerian* family ennobled their name with that of *Laflucinii*.

§ “ Tam homini quam morbo conciliat.” *Paracel.*

Ir

It is not to be expected that Coffee should escape objections, when the virtues of Opium could not secure that, from severe censure and condemnation. Among the furious enemies of Opium was Professor STAHL, of *Hall* in Germany*; and among those of Coffee was SIMON PAULLI of *Rostock*, afterwards physician to the King of Denmark. As the former could see nothing but the mischiefs of Opium, so the latter was blind to the virtues of Coffee. But PAULLI founded his prejudice against Coffee, as he had his prejudices against Tea, Chocolate, and Sugar—not on experience, but on anecdotes, that had been picked up by hasty travellers, which had no other foundation than absurd report, and conjecture†. Unacquainted

* De Opij. Impositura.

† *Okarius. Martianus*, “Chinenfes adeo exciccentur, ab Herba Theè ut vix exspuant.” *De Garenciers*, de Tabe Anglicana.

with the real properties of Coffee, his imagination supplied him with fictitious ones ; and classed with articles, with which it has no more affinity, than they have analogy to each other*, he assigned to it those qualities, which should affect the body, by the doctrine of GALEN†, to correspond with the account he had read of its supposed effects, on *Sultan MAHOMET CASNIN*, a King of Persia ; who, it is said, from an excessive fondness of Coffee, had sotted away the vigour of his constitution‡. But

* “ Instar Rutæ, Agni Cassi, Camphoræ, Theæ, Coffee, Chocoladæ, & similibus omnis,” &c.

S. Pauli, Quadrip. Botan. p. 396.

† “ Corpus enim tale natura est, propterea quod calidate, frigidity, humiditate, siccitate, sic commistum est, Nam carni esse carnem, nervo nervum, & aliorum unicuique id est quod est ob qualitatem quatuor prædictarum, &c.” *Galen*.

‡ The Travels of the Ambassadors from the *Duke of Holstein* into *Muscovy* and *Persia*, lib. 6.

chemistry

chemistry and experience have brought the subject into light, and PAULLI's baseless fabric has vanished*.

I HAVE singled out SIMON PAULLI from among the adversaries of Coffee, for no other motive, than to shew from what tales so learned a man confesses he supports a notion, that Coffee (like Tea to the Chinese) acted as a great drier to the *Persians*, and abated aphrodisiacal warmth. This opinion has been since received, and propagated from him, as he received and propagated it from its fabulous origin. The facts have been refuted by DU FOUR, and many travellers.—Sir THOMAS HERBERT, who was several years in the East, tells us that the Persians have a different opinion

* Vide page 26. “Il n’ya aucuns sels n’y fixes ne essentiels plus stomatiques, plus temperens, & plus dissolvans, que ceux qu’on tire du Caffè, &c.” *De Blegny.*

of Coffee:—" They say that Coffee comforts the brain, expels melancholy and sleep, purges choler, lightens the spirits, and begets an excellent concoction; and by custom, becomes delicious. But all these virtues do not conciliate their liking of it, so much, as the romantic notion, that it was first invented and brewed by the *Angel* GABRIEL, to restore MAHOMET'S decayed moisture, which it did effectually*."

MANY

* Setting aside the hyperbolical part of this Persian opinion, here is at least a tradition, that this liquor was used in Arabia in the time of *Mahomet*, whose flight from *Mecca* was in the year 622. This was eight centuries and a half antecedent to the learned *Egyptian Doctor's* Treatise in defence of Coffee; which is said to have been written in the year 1470; the copy of which, as has been mentioned, is in the King of France's library. All the ancient nations who made much use of the *Legumina* in their diet, prepared many of them by torrefaction; and it is most probable that the Arabians were acquainted with the art of preparing a liquor, from the parched or roasted berries of a tree that was indigenous among them,

MANY have been the dogmas concerning Coffee: some Authors alledge that it is *dry*, and therefore good for the gross and phlegmatic, but hurtful to lean people; some contend that it is *cold*, and therefore good for sanguine, bilious, and hot constitutions; others that it is *hot*, and therefore bad for the sanguine and bilious, but good for cold constitutions. Some assure us, that it acts only as a *sedative*; others, that it acts only as a *stimulant*. With such disputants there is no entering the lists: Medical science disclaims their pretensions, as creations of the imagination; and trans-

them, prior to its use in Egypt and Persia, or in any of the neighbouring Countries. It is a question, though of more curiosity than importance, whether the drink might not have had its name from *Cusa* or *Casa*, a city in Arabia Felix? The Arabic *Ban* (the Coffee berry) corresponds with our *Bean*, and is probably its etymon. Perhaps the Greek *Bévn* "*Barley steeped in water*," Anglicè, *Malt*, may be traced from the Arabic *Buna*.

fers

fers their contest for decision, to a Synod of Turkish Priests.

I AM aware that there are others, who are decisively of opinion, that Coffee is injurious “in thin habits and bilious temperaments; in melancholic and hypochondriacal disorders, and to persons subject to hæmorrhages.”—WILLIS and CHEYNE, as well as LEWIS, were in some degree of this opinion.

IN hæmorrhages, particularly in those of the pulmonic and uterine kind, the interdiction of Coffee is every where justly admitted*; but the other exceptions, however they may have been taken up, and asserted in England, where the confined use of Coffee has scarcely afforded a fair

* Yet Dr. *Percival* says, it is “powerfully sedative.”
vol. I. p. 127.

oppor-

opportunity to settle such a point, will be disputed in countries where it is in general use. Let me add also, that the result of my own observations in those countries, is evidence against those exceptions; and it is confirmed by every information I have obtained, from medical people resident in Constantinople, and other parts of the Turkish Empire.

LET us examine this arbitrary restriction to the use of Coffee, and see what justice there is in the grounds on which it has been imposed, and what reason there is in having submitted to it.

IN regard to "thin habits," where there is no disease, I can say but little; being acquainted with no theory that militates against the prudent use of Coffee in the alimentary way; nor why it should not be as harmless to such habits, as to those

those who are blessed with the greatest obesity and rotundity of figure,

IN “ bilious temperaments,” facts and experience must determine. Bilious temperaments are surely no where so common as in hot climates ; and in those very countries, Coffee is certainly most used. There Coffee is found to temper and soften the acrimony of the bile, and is remarkably serviceable in the cholorea morbus. It is observed in bilious habits, that the stomach receives nothing more agreeably than Coffee ; and that the nausea and inclination to vomit, which often accompany bilious complaints, are taken away by Coffee. In the jaundice, it is used with great success, and in obstructions of the liver.

To the opinion that Coffee is hurtful in “ melancholic and hypochondriacal disorders,”

orders," a multitude of opinions may be opposed; and its well known power in removing visceral obstructions, and exhilarating the spirits; which qualities have been attributed to Coffee ever since the use of it was known*.

If it be demanded, what general description of people should abstain from the use of Coffee? as it seems with some people to be necessary for the rightly understanding of its virtues, to have something said against it, I must answer, that I know of none. Individuals possessing peculiar nervous sensibility, and such as are subject to feverish irritability, should

* " Il remédie très efficacement dans les deux sexes,
 " à toutes les espèces d'indispositions qu'on attribue
 " aux vapeurs du foye, de la ratte, & de la matrice, &
 " par conséquent aux maladies hypocondriaques, & gé-
 " néralement à toutes les passions hystrériques," &c.

De Blegny, p. 177.

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abstain

abstain from all stimulating liquors ; therefore from Coffee.—Those who from their own proper experience, find it does not agree with them, can hardly stand in need of this injunction*.

IT is well known, that there are some habits which cannot endure any thing that increases the sensibility of the nerves ; and others that are affected by particular stimulants. A cup of strong Coffee will cause some people to have a tremor of the hand :—BOYLE says, it acted as an emetic with one person ; others will be heated, or be kept from sleeping by it. Tea, Champagne wine, and many other things,

* “ Je scay qu’il se trouve indifferemment entre les bilieux, les sanguis, les pituiteux, & les melancholiques, des personnes à qui il fait deu bien, & d’autres à qui il fait du mal ; c’est pourquoy bien qu’il soit vray qu’il y aye peu d’alimens ny de medicamens sè generalement bon que le Caffè.” *De Blegny*, p. 105.

will

will produce fimilar effects. It was on this account that SLARE, and fome others, have confounded this excefs of nervous fenfibility, with the palfy, which depends on a privation of fenfibility ; — againft which, nothing appears to be more fuitable than Coffee*.

A SUBJECT like Coffee, poffeffed of active principles and evident operations, muft neceffarily be capable of mifapplication and abufe ; and there muft be particular habits which thefe operations difturb ; — SLARE fays, he ufed it in *too great excefs*, and it affected his nerves † ; but Dr. FOTHERGILL,

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who

* “ At *refolutio nervorum*—interdum tota corpora, interdum partes infeftat. Veteres Authores illud ἀποπληξίαν, hoc παραλυσιν nominaverint.” *Cels.* lib. 3, cap. 27.

“ Privatio eft fensus & motus, in tote corpore, vel parte quadam.” *Aret.* cap. 7, lib. 1.

† *Slare*, having instanced himfelf, as one with whom Coffee did not agree, has miffed many people ; and as
this

who was a sensible man, and did not use it in too great excess, though he was of a very delicate habit, and could not use Tea, drank Coffee “ almost constantly many years, without receiving any inconveniency from it*.”

this circumstance is sometimes quoted to justify objections against Coffee, I beg leave to relate his account of it in his own words:—“ Nor do I decry and condemn Coffee, though it proved very prejudicial to my own health, and brought paralytic affections upon me. I confess, in my younger days I ignorantly used it *in too great excess*; as many daily do make use of this, and other Indian drinks; though I have quite abandoned it for above thirty years, and soon recovered the good tone of my nerves, which continue steady to this day; yet I must own, Coffee to some people is of good use, when taken in just proportion, &c.” “ It is true that they (Indian drinks) do not agree with all constitutions: with some, only one of these entertaining liquids, as Green Tea; and with others, all of them disagree.”—This candid relation of *Slare's*, requires no comment; but *excess* even of milk, given to children, whose natural food it is, produces the worst evils; an error often committed by nurses, and is said by *Hippocrates* to have destroyed many children.

* *Fothergill's* Letter to *Ellis*.

BUT

BUT the history of particular cases, sometimes serves but to prove, that mankind are not all organized alike ; and that the sympathy of one, and the antipathy of another, ought by no means to render useless, that infinite variety which pervades all nature ; and with which the earth is blessed in the vegetable creation.—Were it so, physic would acquire but little aid from the toils of philosophy, when philosophy had no other incitement to labour, than barren speculation.

It has long been a custom with many people among us, to add mustard to their Coffee : mustard, or aromatics may, with great propriety, be added in flatulent, languid, and scorbutic constitutions* ;

* *De Blegny* recommends Coffee strongly in the scurvy. *Du Four* says, powdered very fine, it is used as a dentrifice to whiten the teeth.

and

and particularly by invalids, and in such cases, where warmth or stimulus is required.

THE Eastern nations, add either cloves, cinnamon, cardamoms, cummin-feed, or essence of amber, &c. but neither milk or sugar. Milk and sugar without the aromatics, are generally used with it in Europe, America, and the West India Islands, except when taken after dinner; then the method of the French is commonly followed, and the milk is omitted.

A CUP or two thus taken after dinner without cream or milk, promotes digestion, and has been found very serviceable to those who are habitually costive. If a draught of water is taken before Coffee, according to the Eastern custom, it gives it a tendency to act as an aperient.

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THUS far the properties and medicinal effects of Coffee have been considered; and as the beverage made from it, contains all the essential virtues of the berry, which united, are most proper for dietetic purposes, I have not entered into any discussion of its component parts separately, nor of the distilled water, syrup, oil, and other simple preparations which have been made from the berry; for I do not believe, that those preparations possess any properties deserving particular notice; but that we are indebted to the virtues we derive from Coffee, to the total derangement of its natural state, by the process it undergoes in roasting, from the fire.

THE mode of preparing this beverage for common use, differs in different countries, principally as to the additions made to it.—But though that is generally understood, and that taste, constitution, the quality of
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the Coffee, and the quantity intended to be drank, must be consulted, in regard to the proportion of Coffee, to the water in making it—yet there is one material point, the importance of which is not so well understood, and which admits of no deviation.

THE preservation of the virtues of the Coffee, as has been said, depends on carefully confining it after it has been roasted; and not powdering it until the time of using it; that the volatile and æthereal principles, generated by the fire, may not escape. But all this will signify nothing, and the best materials will be useless, unless this important admonition is strictly attended to: that after the liquor is made, *it should be bright and clear, and entirely exempt from the least cloudiness or foul appearance, from a suspension of any of the particles of the substance of the Coffee.*

THERE

THERE is scarcely any vegetable infusion, or decoction, whose effects differ from its gross origin, more than that of which we are speaking. Coffee taken in substance, causes oppression at the stomach, heat, nausea, and indigestion : consequently a continued use of a decoction of it, in which any quantity of its substance is contained, besides being disgusting to the palate, must tend to produce the same indispositions. The residuum of the roasted berry, after its virtues are extracted from it, is little more than an earthy calx, and must therefore be pernicious.

THE want of attention to this circumstance, I make no doubt, has been the cause of many of the complaints against Coffee, and of the aversion which some people have from it ; and it is from this consideration that I have discontinued to recommend the preparing of Coffee
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with milk instead of water, or of adding the milk to it on the fire, as directed by Dr. FOTHERGILL; for the tenacity of milk impedes that precipitation which is necessary for the purity of the liquor, and should therefore not be added until after the clarification of it is completed*.

THE Persians roast the membrane which envelopes the seed, and use it together with the seed itself in their manner of preparing the infusion, and it is said to be a considerable improvement †. The Turks make a delicate drink from the capsulas

* It is not to Coffee alone that this reflexion is confined; every article we use as a diluter, demands the same attention. Malt-liquors, particularly small beer, which in this respect is much neglected, ought always to be carefully fined. The fæculent matter entangled by the mucilage of the malt, is hurtful to digestion, and detrimental to health.

† *Herman. Cynos. p. 324.*

only,

only, which is cooling and refreshing, and is used in summer-time by people of fashion : this is called by the French, *Caffé a' la Sultane*.

THE Turks, Arabians, Persians, and Egyptians, drink Coffee all day long*, in small cups, supping it up by little and little, as hot as they can bear it†; and what is prepared from three or four ounces among them, is considered as a mo-

* “ Quod vini loco ipsi potant; venditurque in publicis ænopolis, non secus quàm apud nos vinum.”

Prosper Alpin. de Bon.

† *Thevenot. Herbert. William Keeling*, who was employed in the service of the East-India Company in 1607, I believe is the first among our English Navigators, who makes any mention of Coffee. He says, that the people in the Island of *Socotora*, where he first met with it, “ have for entertainment a thing called *Cobo*, which is “ a black bitter drink they make from a berry brought “ from *Mecca*; this they sup off very hot, and it is “ reckoned good for the head and stomach.”

derate quantity for one person in a day. In the Dutch, French, and English Colonies, it is the daily breakfast, and evening repast.

If a knowledge of the principles of Coffee, founded on examination and various experiments, added to observations made on the extensive and indiscriminate use of it, cannot authorise us to attribute to it any particular circumstance unfriendly to the human frame;—if the unerring test of experience has confirmed its utility, in many countries, not exclusively productive of those inconveniencies, habits, and diseases, for which its peculiar properties seem most applicable;—let those properties be duly considered; and let us reflect on the state of our atmosphere; the food, and modes of life of the inhabitants, so injurious to youth and beauty, filling the
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the large towns and cities with chronical infirmities ; and I think it will be evident what advantages will result from the general use of Coffee in England, as an article of diet from the comforts of which the poor are not excluded, and to what purposes it may often be employed, as a safe and powerful medicine.

F I N I S.



